How to Keep Your Baby Leave It to Lou Healthy

By Charlotte C. West, M. D. Every Mother Should Study Dietetics.

a well balanced dietary the nu- | underdeveloped, or if her diet is tritive requirements must be care- fective. fully considered; it should include proportions of proteids (eggs, fant's life is the most imporant pemilk, &c.), hydro-carbons riod, and every mother should nurse (fats), carbo-hydrates, (starches and her baby then, at least, for it is exsegars), with mineral saits and water, tremely difficult to find a substitute in order that the body may not only food that agrees with a babe of this sufficiently nourished to sustain age; again, if a babe is vigorous at me, but that it be supplied with the three months it will have some stamcossary constituents for growth, ina for the strain of teething. Suffiespecialty in childhood during which cient emphasis cannot be placed on period larger supplies of certain ele-the fact that the food of a nursing ments are required. Every child is a mother is closely connected with that of her infant. The question is often adapted to his individual needs. On asked, "What can I do to improve the ses little if any knowledge. Still does she realize the importance of imfant feeding. France forbids by enactments the feeding of solid food to infants under one year of age except upon the authority of a to, will, as a rule, give the best re-physician, likewise is the use of certain unsanitary nursing bottles for- | fble and readily assimilable make milk bidden. When the nursing mother is more effectually than large amounts properly fed and thoroughly assimi- of solids. It is better to eat six light lates her food, the milk she furnishes meals daily than three heavy ones. her babe possesses all the constit. Well cooked cereals, especially corn ments contained in her own well bal- meal mush, with sugar and cream, anced dietary.

I have so often explained that hu- whole wheat bread with luscious butman milk is the ideal food for infants, ter, malt extracts when necessary, possessing as it does the combined maited milk or chocolate at night, foodstuffs mentioned above in perfect with meat once a day and some choice

The disturbances occurring during form the basis of an ideal dietary the first year of infant life, usually for the nursing mother. attributed to "teething," may often A dislike for certain foods may exist. be traced to indiscretions in diet on If such foods form an essential part the part of the mother. As one phy- of a well balanced dietary it is a sician puts it: "We might prove dis- mother's duty to overcome her objecagreeable and troublesome at times tions. No sensible woman should exto mothers and nurses, but would do perience any difficulty in accomplishmore good to the suffering infants if ing this, especially when the health we substituted for 'teething,' stomach and vigor of her baby are at stake. and feeding."

Mother's milk does not always encouraged and emphasized, frequentagree with her infant. It may be too ly are communicated to the child, rich if the child is exceedingly dell- either by direct inheritance, or later cate; it may not be sufficiently nour- on by imitation, because children ishing if the little mother is herself but a child (as sometimes happens). or if she is frail, or if her breasts are mother.

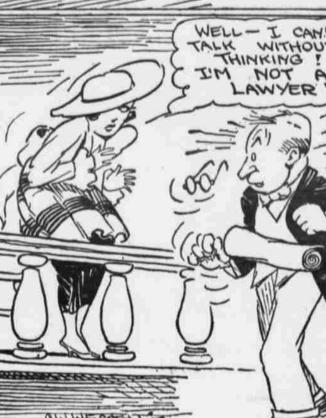
HOW FAST WAS

Score One for the Witness

LET ME







Original Dress Designs For the Smart Woman

By Mildred Lodewick

This Model Is Adaptable for Both Morning and Afternoon.

THE spice that counts in any wardrobe that of variety, and it ts gained as much through materials as by designs. Dainty organdies, sport silks and linens, semitransparent volles in plain and printed patterns, and crepes in cotton or silken taxture form an array of aummer goods that is full of contrast. But how many women are preciate the value of the assortment, nor trouble themselves to arrange their frocks with regard to it. Indeed most women depend entirely upon the designs of their frocks to achieve wariety, but if they knew what a help the fabric might be they would surely accustom themselves to employing as many different fabrics for their seasons' wardrobes as possible, I am showing a delightful model for cotton crepe or a silk and cotton mixture, in some pretty color such as lavender. delft blue or watermelon pink. The soft drapy quality of the fabric is especially pretty and suitable for alim silhouette of the mode, but to lend it the refreshing atmosphere which summer frocks delight in, I have employed erisp white organdy.

front am the narroworgandy covered ones placed at the frock is completed.

DELIGHTFUL SUMMER FROCK OF LAV. ENDER CREPE AND WHITE ORGANDY. est of chemisettes, on to which the effective trimming. The skirt is bodice is proudly buttoned, calling at- brought into further relationship tention to an odd and interceting cut. With the waist through the organdy Corresponding buttons and eyelets cuff which finishes its edge. With trim the three-quarter sleeves at the a wide collar rolling away from the back where the narrow ouffs run into neck of the chemisette, and a wide nothing. But these are not the only sash of the organdy offering its crisp buttons which this frock affords-tiny contrast to the skirt, this appealing

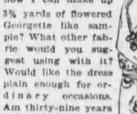


myself a practical dress of some green linen I lave. Will you aid me with a pretty design? Have black hair, fair 117 pounds: 5 feet 3 inches tall. Miss J. White organdy or volle band trimming

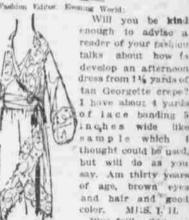
White knob buttons. Self-color embroidery at belt will relieve plain-

"What caused the reform good a credit to them, to save them all monay?"

I am eighteen years of age, and, having acsummer, desire to make Pashion Editor Evening World: Will you advise me how I can make up 3% yards of flowered Georgette like sample? What other fabrie would you suggest using with it? Would like the dress



old, weigh 140 pounds, 5 feet 5 inches tall. Mrs. M. S. K. Plain tan Georgette would be pretty to drape the skirt with and for collar and

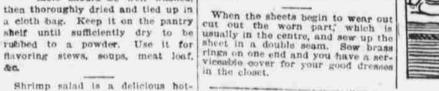


enough to advise a reader of your fashion talks about how fa develop an afternoon dress from 1 % yards of tan Georgette crepe? I have about 4 yards nof lace banding 5 sample which I thought could be used, but will do as you say. Am thirty years of age, brown eyes and hair and good color, MILS. L. H. Hine faille ribbon as

EASY ENOUGH.

trimming.





mayonnaise dressing More satisfactory results are obtained if, when cooking potatoes, you select all of one size. They will then cook equally and can be served

weather dish. For a change mix it

with chopped olives and, of course

in an appetizing condition. Lettuce will keep fresh and crisp perfectly clean milk pail and covered tightly. It is advisable to get a new pail and keep it just for this

When buying a broom press the edge against the floor. If the straws bristle out and bend do not purchase the broom. They should remain srect and firm. A heavy broom will give more

the spools over the nail and the garment will have a good support.

A good disheloth is made from mosoutto netting. Take a quarter yard and fold it to desired size, then stitch it with the machine or tack it the same way that a comfortable is made,

If you keep the doors and windows closed while filling the preserving jars you will cut off the draft and thus anteed. minimize the danger of breakage.

Fruit stains will disappear if you rub a layer of salt on the stain as made and pour boiling water through it from a height.

If you have trouble in getting the jelly firm add a pinch of almond. This will make it hard.

Lettuce and cucumbers are good

Use This Detachable Handle to Protect Your Grip.

N order to make it at least very awkward for a thief to steal a bag, Mr. A. C. Aagobery of Indi-ana has invented a detachable handle, says Popular Science Monthly. This an be fitted to both new and old ags and valises. It is merely a pair sockets into which the removable handle-piece fits and from which it handles being non-interchange able, theft by fitting another handle is not possible. The thief would have

to earry the bag under his arm.

The Housewife's Scrap-Book NEVER throw away celery. Summer foods, as they cool the blood. Pineapple contains pepsin and aids table should be well washed, digestion,

Idiosyncrasies in this respect, when

A Story of the "Penrod" of Girls' Books, a Delightful Little Heroine, and How She Finds Her Sweetheart

(Copprish, 1018, by Doubleday, Page & Co.)

SYNOPHIS OF PILECEDING CHAPTERIS.

Max, the mother of Isabelic Lipux, recommend discontinged to vice using anything with her, and when abletic reactive her lourin mything size tested on cancel ever to nea minimum, While, He drive to be contented in a not content the first tested on the content of the conte

Miss Vantine truly believed in herself as an educator and since her school had held its prestige for thirty school had hed its presses to think that graced, leaving an aching vacancy other people agreed with her. Her behind for her husband and her

the process the courteous heart was as she achieved happiness or reglected and left out.

hogiected and left out.

The teachers were the custodians ner. Always, before, Max and cheated from ner. Always, before, Max and cheated of information, and of the law. They have a perfectly formal relationship to the pupils. Education consisted in the rearly childhood—revolter, enemy the control of the pupils. Education consisted in the rearly childhood—revolter, enemy the control of the pupils. to the pupils. Education consisted in pouring facts into the upturned cups to authority, defyer of God and the —the minds of the pupils. When Isabelle began to question, to dig deeper into the root of things, the why of things—if instead of the usual "Yes, Miss Vantine," or "We Miss Vantine," or "We Miss Vantine," or two reasons. One was that she liked Mrs. Bryce, who had planation was always repeated, particularly in the same words and the that she had never yet expelled a with Yes.

hight one will.

If you mount the clothespin bag on a weed in coat hanger you can put it over the wash line and push it along as you need it.

CHAPTER XI.

CHAPTER XI.

Grease the edge of the berry pie with clothespin and now over the edge.

Grease the edge of the berry pie with clothespin and now over the edge.

The empty spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the piece of the barry spools will come in handy if you are going where the rear only in the state of the barry spools will come in handy if you are going where the rear only in the state of the piece of the barry spools will come in handy if you are going where there are only in the state of the piece of the barry spools will come in handy if you are going where there are only in the state of the piece of the barry study, so the ideal of a high spool to obtain the state of the thing of a caming when the tall and a substitute to the limb of a caming when the barry will the state and the state and the was for its than and the world in the limb of a caming when the state and the state and the was for its than and the world in the limb of a caming when the state and the was for its than and the world in the limb of a caming when the state and the was for its than and the world in the limb of a caming when the state and the count of the than and the was that that.

Seven the limb of a c easily identified by their English a's, She gained a reputation as a law their good diction, their charming breaker, and she was watched and punished with increasing frequinty. Her old leadership in mistehavior was tional point of view. Any departure once more established. The processor of investigation or conclusion was discouraged as not nice.

Many departure of investigation or conclusion was discouraged as not nice.

Many departure of declarating in missishavior was punish you, "she threatened ner."

"Go ahead. Get it all off your chest at once and then drop it."

Many departure once more established. The processor is the processor of ship was her only hope of salvation now. And then, in January, after a brief spell of pneamonin, dear Mrs. Henjamin left the world she had so

anteed.

Into this conventional atmosphere isabelle came from the simple, friends, friends if of Hill Top; and she found it hateful. It was the spirit rather than the letter which had prevalled in the Benjamin school, but here only the letter counted. The outward forms, correct manners, were emphasized every day; but in the process the courteous heart was an she are letter of the process the courteous heart was an she are letter and injustice. Just the process the courteous heart was an she are letter and for the husband and her cation. I hope you don't intend to be too disagreeable."

Later at dinner Wally remarked to his wife—

"Tel her about the trip?"

"What trip?" demanded their the courteous heart was not food with a threat. She fell herself the courteous heart was an she are lettered injustice. Just

she demanded basic reasons—the explanation was always repeated, pabeen her pupil; and the other was
then the same words and the
that she had never yet expelled a girl
and she disliked the idea intensely.

But there came a day in early Februsny of Isabelle's second year of
hour in the day. Restraints were imposed on her mind and her body.

Herbert Hunter had smusgled a note
Thank you so much, for your hour in the day. Restraints were imposed on her mind and her body. Herbert Hunter had smuggled a note She was like a healthy, curious young animal, all tied with bonds that she could neither loose nor fight.

She tried with all her might to carry into lar daily life the ideals taught cial livery and agreed to meet him cars, no far as I am concerned."

The belier incoler the helter.

I accept with pleasure, and of I think I can promise you that your little outing will be a complete succinct of the helter.

The belier incolers the helter.

Thank you so much for your charming invitation, my dear, deting animals in the left of the helter.

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Thank you so much for your charming invitation, my dear, deting animals and the wanted to see her bofore he went to be to see her bofo

to her tryst. But she miscalculated the length of the sermon and met the school coming out, on the church stops. She was questioned, led home

in diagrace. She was accused of tru-ancy; she admitted it, even confessed her rendezvous in the park. with a sentence of suspension their daughter, who was packed off

to go, yourself, haven't you?"
Is not lessimiss miss
ality.

Yes, I have made a nice record for
"Toolish question, Number One.

Yes, I have made a nice record for
myself."

"If you make yourself a nuisance around here I shall find a way to punish you," she threatened her. "Go ahead. Get it all off your

"I don't know." "What's doing around here? I ex-pect to enjoy myself on this little va-cation. I hope you don't intend to be too disagreeable."

"I hope you said 'No thanks,' for

"You'll have to drag me aboard." Mrs. Bryce's temper flared, "You will walk aboard and you will

on Sunday, in the park. When the girls were entering church on that day Isabelle was taken with a violent fit of coughing and was left in the promise well for their holiday.

She fled lightly, and Mr. and and on his guard. Max flirted with "Suspended me, until they decide. That's why I had to come on this ends. He occasionally donated his joily party."

Society to his daughter. "You don't like it?"

CHAPTER XIL

HE motor boat from the Empress was at the pler when the three Bryces made their with the short lip. Miss Vantine had to act this time. departure. They were thank.

Miss Vantine had to act this time. the yacht at once, where Mr. Aberthe sent a final letter to the Bryces the yacht at once, where Mr. Aberthe sentence of suspension for cromble Brendon was already encountered. crombie Brendon was already en- things." sconced. He was a pompous, red-

She was a big, arrogant, impressive "Hello! Aren't you afraid you'll "Try it!"
woman whom fashelle immediately blow overboard?" he inquired.
This might have been called isabelle's entrance on the scene, because from the public even and a part would have you?"

She was a big, arrogant, impressive "Hello! Aren't you afraid you'll "Try it!"
This might have been called isabelle's entrance on the scene, because from the public even and a part would have you?" by a lovely blond creature, with deep-blue eyes and a short upper lip.

She obeyed, reluciantly. the blow of their lives. They think only turns "So glad to have a young thing I'm sick, I've been so good on this entreated with us, my dear," boomed Mrs rotten cruise."

Brenden continued. Isabello shot a glance at him, but failed to get it.
"How do you do?" he said, ab-ntly, turning to help Althon adjust

There followed the ceremony of apportioning the staterooms, setting into deck hats, and the other prelimdeck and made friends with the capcolling ropes, and doing their tasks so

beautiful.

society to his daughter.
"I'll make a bet with you, Wally, that Madame Hecuba Brendon won't put it through." "Put what through?"
"Marry Jerry Paxton to the lady he asked curiously."

"Have I been asleep?"

"You haven't seen me before," she tantalized Jerry every minute.

dded. "This is Mr. Jerry Paxton," Mrs. devil of a row." "Did you? And they expelled you?"

Street and a Girl Who Fights Them to a Finish. From Griswold's room came no sound for a while. Then one of the big

Brewster hurried into the next room. Not an object had been touched. iful. They spent the time on The screen was as he had left it. But on the floor there was no body in Isabelle appraised the situa- sight. Nor was it anywhere else in the room. And the door near where it tion the first day out. Mrs. Brendon had been only minutes before was locked as when he had tried it. The four men looked at each other incredulously.

novel. It is a gripping tale of how a girl fights a ring of Wall Street bankers





"Of course, I don't like it. How'd I

knew whether you'd wake up or not?" "Did you want me to wake up?" "But, out, aye, ja, yes, of course.
Wally laughted.
"You don't miss anything, do you?"
"I do not."
"I do not." is a fearful bore, so there is only

"You're too young to notice such you."
"You're too young to notice such "Poor little cricket, she wanted a hings."
"Lord! but parents are a bore!" playmate," he teased.
"She did, I can't rub my knees

deep-blue eyes and a short upper lip.
Isabelle fixed her attention upon
the last comer, who certainly was
an attention-fixing young man. He
was extremely handsome. Here was
the one and only hope of this party, at her.

Licok like a ripe olive."

"Have I been me before," she tantagized services all the privileges of youthful
took all the privileges of y the one and only hope of this party, at her, so far as she was concerned.

There was a great clatter of greet-ings.

"Come here, Isabelle, and make vour manners," ordered her mother.

"Me, silent? Even Mrs. Abercrombie Brendon Even Mrs. Abercrombie Brendon Even Mrs. Abercrombie Brendon Even Mrs. Abercrombie Brendon even was a great clatter of greet-you always so silent? Don't you ever disapproval, descending finally to britten and entire with their offspring. She was concerned, "Me, silent? Even Mrs. Abercrombie Brendon Even Mrs. Abercrombie Brendon even with Arms. Abercrombie Brendon Even Mrs. Abercrombie Brendon even with Arms. Abercrombie Brendon even was a great clatter of greet-you always so silent? Don't you ever disapproval, descending finally to britten and with heir offspring. She labored with their offspring. She

Brendon in her big voice. "Aithea, "What caused the reforme-good a credit to them, to save them and this is Isabelle Bryce. Miss Morton, company?"

"No. I'm getting ready to break it the beredom that had settled down the lovely vision smiled faintly and to them, that I may not be taken upon them like a cloud, back to that school. I got into the "You let Jerry Paxton alone," ordered her mother.

Sealed Shrouds By Joseph Gollomb A Fascinating Detective Story of the Big Interests of Wall

men came to the door. There was a frown of puzzlement on his face. "You're wanted in there, Mr. Brewster," he said. "I'll watch these peo-

man should be permanently annexed to the blonde beauty, who entirely reconcurred in the idea. The Paxton man was not yet entirely won over to the plan; therefore, he was restless and wins. But you can't guess the story until you read it. This is only one of many mystifying situations in Mr. Gollomb's new